



"The Getaway Girl®"

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Girlfriend Getaway Travel Tips For Moms

ORLANDO, FLORIDA— (April 14, 2009) It is difficult for all of us to get ready for a vacation. We are busy juggling work, family and social commitments. But what happens when mom wants to getaway? After all, she is the one who needs a vacation the most. *Girls Getaway Guide* author Casey Wohl, known as The Getaway Girl®, provides some helpful tips for moms who need a break.

- A girlfriend getaway must be a planned date/event when you have children, so moms can prepare the kids and line up their care during the trip. Moms need to get away, but must be comfortable with the timing, who is watching the kids, and who will be responsible while she's away. Some moms make their girlfriend getaway an annual event that is scheduled every year as they are more likely to go when it's a tradition.
- Provide as much details in writing for the caregiver. The more details you have in writing before you depart, the better your trip will be and (hopefully) less calls about what the kids need and/or where they need to be. Include:
 - *Kids daily schedule (wake up/bedtime, school drop off/pick up, after school activities, evening schedule)
 - *Mom's travel schedule/key contact information (hotel, flight, contact numbers for travel partners, etc).
 - *Important contact list (neighbors, grandparents/family, doctor, daycare/school, babysitter, pharmacy)
 - *List of medications, dosage/frequency, special instructions
- Notify daycare/school of who will be dropping off/picking up kids, as well as who to contact in case of emergency.
- Leave a list of "things to do" with details and contact information so dad or the caregiver has an idea of activities to keep the kids busy (i.e. visit the zoo or park, friends to play with, etc).
- Select a destination tailored to adults; the last things moms want on their getaway is to be around someone else's kids. Agree as a group what you would like to do and where you'd like to go. Also discuss everyone's budget so have the same financial expectations.

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- Traveling with girlfriends should be fantastic! However, sometimes the best of friends don't travel well together. Enjoy your getaway with girlfriends who have similar interests and can help "Leave Your Baggage at Home®." Don't travel with someone who is constantly worrying other things besides your getaway experience.
- Even if the kids are left with their father, it is always a good idea for both parents to have a surrogate form on file with their pediatrician and a will on file with an attorney.

Casey Wohl, known as The Getaway Girl®, is the author of the Girls Getaway Guide series, which are city-specific travel guides for women. She has been interviewed on national TV and radio shows and in national women's magazines about girlfriend getaways. To learn more about Wohl or to purchase her books, visit www.GirlsGetawayGuide.net. The books can also be purchased at Barnes & Noble & on Amazon.com.